

# VA



## U.S. Department of Veterans Affairs

# VITAL

VETERANS INTEGRATION TO ACADEMIC LEADERSHIP

STUDENT VETERAN SERVICES

Graduating During the Covid-19 Pandemic seems unreal. At some point this semester, graduation didn't even seem likely. For me, school was difficult. Adding the stressors of a global pandemic and having to drastically change my daily routine made me less productive.

For me, asking for help can be difficult. I will allow myself to go down a rabbit hole of hurt before I ask for help. As a VITAL work study student, my duties entail assisting other students with student success and resources. I'm familiar with the resources that would make me a better student, but it wasn't enough. I needed support.

VITAL provided support for me, when I was near giving up this semester. I was able to fellowship with other student veterans and seek treatment for my service-connected disabilities. For more information about VITAL and how this resource can benefit you, please contact Dr. Yvette Branson at [Yvette.Branson@va.gov](mailto:Yvette.Branson@va.gov).

